



## In tune with good support

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Music therapy can help the immune system and reduce patients' pain.

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**LIBERTY** — Using music therapy to help cancer patients is simply a matter of Deforia Lane practicing what she preaches — using what her essence is to be of service to others.

"I use music to communicate with people," Lane said at Monday's 11th annual Pink Ribbon Tea, attended by 300 breast cancer survivors and their guests.

The event at the Holiday Inn MetroPlex was sponsored by the Junior League of Youngstown. October is Breast Cancer Awareness Month.

Susan Berny of Boardman founded the Pink Ribbon Tea in 1994 because, she said, the Mahoning Valley has the highest incidence of breast cancer in Ohio and the highest incidence of need.

"We hold the tea to celebrate life and survivorship," said Annette Camacci, who has been involved in the event for 10 years. Ironically, she said, this year was her first as a cancer survivor. She was diagnosed in February, she said.

Lane, a cancer survivor "times two," is director of music therapy at University Hospitals of Cleveland Ireland Cancer Center and for Rainbow Babies and Children's Hospital.

### Benefits of good music

She says her research proves that music literally "soothes the savage breast." She says the right music can boost the immune system, which is very important to cancer patients, and have a positive effect on people physically, including on heart and respiration rates and blood pressure.

Music can decrease pain to the degree that patients need less painkilling medicine during and after surgery, said Lane, a board certified music therapist.

Lane said she felt the shock go through her body when she got the first diagnosis in 1983, but the words that came out of my mouth were "where do we go from here."

Two weeks later she had a breast and nine lymph nodes removed; within 10 days she was back at work; and 10 months later breast cancer returned in the chest wall where her breast was removed. Since then, she has been cancer free.

It is important to know that "cancer is not synonymous with death," and that "together we can cope and hope," Lane said.

It's crucial that women not face cancer alone said Lane, who started out pursuing a singing career. She earned a bachelor's degree in vocal performance at the University of Cincinnati College-Conservatory of Music. She has a master's from Cleveland State University and a doctorate in music education from Case Western Reserve University in Cleveland.

Lane urged women to seek out support groups. She described the American Cancer Society's support groups she attended as "life savers."

She said the support of her husband, Ernest, whom she described as her "knight in shining armor," and her family and church family, were crucial during her treatment.

What led to her career

But at the hospital, where she had her surgery in 1983, there was no support group.

She decided to write a song, "We Can Cope," which led to her becoming a music therapist. Now, Lane is a nationally known music therapist consultant and a well-known speaker on the topic. She has designed and implemented music therapy programs for varied groups, including adult and pediatric cancer patients and the terminally ill.

"There is beauty in taking ... whatever you do best ... to help someone else," she said.

Judi Firestone, chairwoman of the Susan B. Komen Northeast Ohio Race for the Cure, said area residents can register for the event Saturday at the MetroPlex from 9 a.m. to 1 p.m. and at the Salem YWCA from noon to 5 p.m. Race for the Cure is set for Oct. 8 in Cleveland, and the fee for the event, which includes a 5-K run/walk, a 1-mile walk and kids activities, is \$30 per participant.

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